



# Quick meals when you're stuck at home

## Ways to eat healthy during Covid-19

### Fresh Foods First

Use fresh foods before you use of frozen or shelf stable foods like canned foods, pasta or dried beans.

When getting to the grocery store is a hassle, you don't want anything to go to waste.

### Fresh foods that last 2 + weeks:

Onions	Apples
Cabbage	Oranges , Lemons
Cauliflower, Broccoli	Kale, Swiss Chard
Carrots	Potatoes, yams
Beets	Green or Red Peppers
Squash	Celery

Limit your serving size of high potassium foods like potatoes, sweet potatoes, yams and squash to half a cup.

### Expired verses "Use By" Date;

Many foods are fine to eat after the printed date, which is often a "use by date", not an expiration date, although they may not be at peak flavor and freshness.

Getting to the store in the midst of Covid-19 concerns can be stressful. With a little planning you can get the maximum return on your food budget, and not worry about healthy eating.

These foods last a long time, are easy to store and can be made into healthy meals. Canned vegetables or fish can be rinsed to remove the salt. Frozen vegies without sauces are usually low in sodium, and frozen fruits and vegies are good vitamin sources.

### Long Lasting Foods

- Canned fish, like tuna or salmon
- Canned or dried beans
- Frozen vegetables
- Frozen berries
- Canned tomatoes
- Brown or white rice
- Quinoa, faro, bulgar
- Rolled oats
- Regular or whole wheat pasta
- Nuts
- Olive oil, corn oil or butter
- Mayonnaise
- Peanut butter
- Powdered milk
- Chocolate
- Your favorite sweet or candy
- Coffee, instant coffee, or tea

Cook ahead: Make a big pot of some of your favorite chili or homemade soup. You can use up pasta, rice, or canned beans, plus canned or frozen vegies. Freeze in individual containers, and then, when you need a meal but don't want to cook, you've already done the work.



## Take Salt Seriously

Many packaged, canned and frozen foods have lots of added salt. But there are always lower sodium choices, check the label.

## Salt Guidelines

For a main course, try and stay below 400 milligrams per serving. For a side dish, stay below 250 and for a snack, below 150 mg. Aim for 1,500 mg of sodium a day.

Too much salt will make you thirsty, which can lead to excess fluid in your lungs, not a good thing during this virus outbreak.

To flavor your foods, instead of salt, use dried herbs or salt free seasoning blends. Check our website, [NWKidney.org](http://NWKidney.org) for great recipes.

## Broccoli Rice Salad

- 1 can rinsed or low sodium tuna, (optional)
- 1 package (10 oz) frozen chopped broccoli, or fresh cooked,
- 1/2 cup chopped onion
- 2 cups cooked long grain brown rice
- 1 cup shredded carrot
- 1/c cup mayonnaise or salad dressing
- 2 teaspoons lemon juice
- 1/4 teaspoon Worcestershire sauce
- 1/4 teaspoon low sodium seasoning like Ms. Dash

Cook rice according to package directions. Rinse with cold water to chill. If using tuna, rinse it in a colander with cold water and drain. Mix all ingredients. Chill. Serve with crusty bread or crackers.

